

## Pony Pals

(Ages 2-6 with adult)

Instructors: Century Mill Staff

Finally, a safe introduction to ponies for preschoolers! Learn all about ponies. Brushing, tacking, feeding, and more. Pony Pals provides a supportive and friendly environment where kids can learn to get comfortable around these wonderful animals. Meet the ponies, Sprinkle, Daisy and Mouse, and learn all about how to care for them. The goal of the Pony Pal Program is to give children safe, hands on experience with ponies at a young age, and to leave these children with an interest for more! Please wear long pants and comfortable shoes or sneakers (no sandals). Visit us online at [www.centurymillstables.com](http://www.centurymillstables.com)

Location: Century Mill Stables, Bolton, MA Min: 3/Max: 6  
4 weeks each session

Session	Day	Time	Dates	Price
1A	Mon	1 – 1:50 pm	Oct 1, 15, 22, 29 (No class 10/8)	\$105
1B	Wed	1 – 1:50 pm	Oct 3, 10, 17, 24	\$105
2A	Mon	1 – 1:50 pm	Nov 5, 12, 19, 26	\$105
2B	Wed	1 – 1:50 pm	Nov 7, 14, 21, 28	\$105

## Pony Power

(Ages 2-6 with adult)

Instructors: Century Mill Staff

Pony Power is a program designed to provide a safe and fun way to get the kids into the saddle! Learn to groom, tack and handle the ponies – and learn to ride, too! This program emphasizes groundwork and handling, yet each child gets individual attention in a short private lesson each week learning to mount, dismount, steer at the walk and intro to trot. Facilities include outdoor and indoor arenas, and a heated viewing lounge (lessons run in all weather). Please wear long pants and comfortable hard soled shoes with a heel (no sandals) – paddock boots are ideal. Helmets available, or bring your own for a perfect fit. Visit us online at [www.centurymillstables.com](http://www.centurymillstables.com).

Location: Century Mill Stables, Bolton, MA Min: 3/Max: 6  
4 weeks each session

Session	Day	Time	Dates	Price
1A	Mon	2 – 2:50 pm	Oct 1, 15, 22, 29 (No class 10/8)	\$145
1B	Wed	2 – 2:50 pm	Oct 3, 10, 17, 24	\$145
2A	Mon	2 – 2:50 pm	Nov 5, 12, 19, 26	\$145
2B	Wed	2 – 2:50 pm	Nov 7, 14, 21, 28	\$145

## Gymnastics

(Ages 3-4 & 5-6)

Instructors: East Coast Mobile Gymnastics Staff

East Coast Mobile Gymnastics offers your child the finest, specialized, gymnastics training available for boys and girls. These classes emphasize building strength, coordination and flexibility. Children will learn beginner through intermediate skills on the bars, balance beam, floor and vault. Pre-school classes also learn locomotor skills for the development of general coordination. The program offered has been designed to create a fun and educational experience in a safe and encouraging environment.

Location: Warren Building Min: 10/Max: 16

10 weeks

Age	Day	Time	Dates	Price
3-4	Wed	2:45 - 3:30 pm	Sept 26 - Dec 5	\$130
5-6	Wed	3:30 - 4:15 pm	Sept 26 - Dec 5	\$130

(No class 11/21)

## Horse Power

(Ages 7+) Instructors: Century Mill Staff

For the older child who is ready to ride! Horse Power is a program designed to provide a safe and fun way to get kids into the saddle! Learn to groom, tack and handle the horses and ponies - and learn to ride, too! This program emphasizes groundwork and handling, and each child gets individual attention in a small group lesson format each week learning to mount, dismount, steer at the walk, and intro to trot. Does your child have some experience with horses? Let us know! Each child will progress at their own pace. Century Mill offers experienced MA licensed instructors, and top quality lesson horses for all programs. Facilities include outdoor and indoor arenas, and a heated viewing lounge (lessons run in all weather). Please wear long pants and comfortable hard soled shoes with a heel (no sandals) – paddock boots are ideal. Helmets available, or bring your own for a perfect fit. Visit us online at [www.centurymillstables.com](http://www.centurymillstables.com).

Location: Century Mill Stables, Bolton, MA Min: 3/Max: 6  
4 weeks each session

Session	Day	Time	Dates	Price
1	Sat	3 – 4 pm	Oct 6, 13, 20, 27	\$175
2	Sat	3 – 4 pm	Nov 3, 10, 17, 24	\$175

### Directions to Horseback Riding

Century Mill Stables is only a stone's throw from Route 495 – How one gets to Route 117 from Wellesley is pretty much up to the individual and how well they know the area. Staying on major highways it is best to come to Route 495 from Wellesley via Route 9 or via Route 128 to the Mass Pike West. Go north on Route 495. Take exit 27 (Bolton/Stow exit) and at the bottom of the ramp take a left onto Route 117 toward Stow and then an IMMEDIATE right onto Route 85. Go one mile on Route 85 and take a right onto Century Mill Road. Century Mill Stables (#185) is one mile down on the right. Please call (978-779-2934) if you have trouble finding the stable.



## Thundercat Mini Sport

(Age 4)

Instructor: Thundercat Sports Staff

Come have a ball with Thundercat Sports! This fun program will include soccer,

basketball, softee hockey, and other unique games which may include Sponge Bob Tag and Finding Nemo. Emphasis will be on some basic skill building, developing hand eye coordination, teamwork, and FUN! Program is coed, and every participant receives a sport related item.

Location: Warren Building Min:10/Max:20  
5 weeks

Age	Day	Time	Dates	Price
4	Mon	2:30 - 3:15 pm	Sept 24 - Oct 29 (No class 10/8)	\$90
4	Mon	2:30 - 3:15 pm	Nov 5 - Dec 17 (No class 11/12, 11/26)	\$90

## Thundercat Floor Hockey

(Age 5-12)

Instructor: Thundercat Sports Staff

Slap it, handle it, score it! Participants will learn fundamental skills from coaches through unique drills, games, teaching techniques, trivia and more. Emphasis will be on learning, participating, and having FUN in a non-competitive atmosphere. The clinic culminates with a tournament day! Program is coed, and every participant receives a sport related item. Please bring sneakers, appropriate clothing, and a water bottle.

Location: Warren Building Min:10/Max:20  
5 weeks

Age	Day	Time	Dates	Price
5 - 6	Mon	3:30 - 4:20 pm	Sept 24 - Oct 29	\$90
7 - 8	Mon	4:30 - 5:20 pm	Sept 24 - Oct 29	\$90
9 - 12	Mon	5:30 - 6:20 pm	Sept 24 - Oct 29	\$90

(No class 10/8)

## Thundercat Basketball

(Age 5-12) Instructor: Thundercat Sports Staff

Participants will learn fundamental skills from coaches through unique drills, games, teaching techniques, trivia and more. Emphasis will be on learning, participation, and FUN in a non-competitive atmosphere. The clinic culminates with a tournament day! Program is coed, and every participant receives a sport related item. Please bring an appropriate size basketball, clothing, sneakers, and a water bottle.

Location: Warren Building Min:10/Max:20  
5 weeks

Age	Day	Time	Dates	Price
5 - 6	Mon	3:30 - 4:20 pm	Nov 5 - Dec 17	\$90
7 - 8	Mon	4:30 - 5:20 pm	Nov 5 - Dec 17	\$90
9 - 12	Mon	5:30 - 6:20 pm	Nov 5 - Dec 17	\$90

(No class 11/12, 11/26)

NEW

## Tiny Blades

(Age 2 - 2.5)

Instructor: Bay State Blades Staff

This program is an excellent introduction to ice skating. Each class consists of a 25 minute lesson where skaters learn the basic skills necessary to enjoy recreational ice skating or enter into a hockey or figure skating program in the future. Each child will receive a progress book with stickers that will help keep track of your child's progress as they move through the 5 levels of Tiny Blades. When skaters complete the Tiny blades program they are ready to move into our Learn-to-Skate programs. Skates will be available free of charge on a first-come, first-serve basis. If you decide to buy skates for your child, please remember that only single blade skates are allowed. **HECC certified helmets are strongly recommended.** Skaters should wear warm comfortable clothing and mittens or gloves to class.

Location: William L. Chase Arena, Natick Min:10/Max:20

Session	Day	Time	Dates	Price
1	Mon	9:30 - 9:55 am		
1	Tue	3:30 - 3:55 pm		
2	Mon	9:30 - 9:55 am		
2	Tue	9:30 - 9:55 am		

## Learn-to-Skate

(Age 6-10)

Instructor: Bay State Blades

This is a great program for children who want to learn the basic skills necessary to enjoy recreational ice skating or enter into a youth hockey or figure skating program in the future. Each Learn-to-Skate class consists of a 40 minute lesson and a 10 minute practice. Skates will be available free of charge on a first-come, first-serve basis. **HECC certified helmets are strongly recommended.** Skaters should wear warm comfortable clothing and mittens or gloves to class. All of our Arenas are members of the Ice Skating Institute (ISI) and/or USFS Basic Skills programs. Learn-to-Skate is a program that provides a nurturing environment where skills are broken down into progressive, achievable levels that encourage skater development.

Location: Warren Building Min:10/Max:20

Session	Day	Time	Dates	Price
1	Mon	5:30 - 6:20 pm	Sept 17 - Nov 19	\$160
1	Tue	3:30 - 4:20 pm	Sept 18 - Nov 20	\$160
2	Mon	4:40 - 5:20 pm	Nov 26 - Feb 11	\$180
2	Tue	4:40 - 5:20 pm	Nov 27 - Feb 12	\$180



## Small Fry Basketball

(Ages: 4-9)

Instructor: Kevin Burns

Skills, drills, and fun! Instruction includes basic skills like shooting, passing, dribbling, defense and rules of the game. There will be a game each week so skills can be put into action. Each child will receive a free tee shirt. Sneakers, water bottle and appropriate dress is required. Get ready for some basketball fun!

Location: Warren Building Min:16/Max: 24

8 weeks

Age	Day	Time	Dates	Price
4-5	Sat	8:30 - 9:30 am	Sept 29 - Dec 8	\$190
5-6	Sat	9:30 - 10:30 am	Sept 29 - Dec 8	\$190
6-7	Sat	10:30 - 11:30 am	Sept 29 - Dec 8	\$190
7-9	Sat	11:30 - 12:30 pm	Sept 29 - Dec 8	\$190

(No class 10/6, 11/10, 11/24)

## Sunday Basketball League

(Ages: 6-7 & 8-9)

Instructor: Kevin Burns

Each Sunday participants will play a game. The first day will be used as an evaluation so that the proper teams can be made to begin the season. Each age group will have two possible time slots for games. After the first class each participant will be given a schedule. For the first class age 6-7 should come at 12 noon and age 8-9 should come at 2 pm.

Location: Warren Building Min:16/Max: 24

8 weeks

Age	Day	Time	Dates	Price
6-7	Sun	12 - 1 pm or 1 - 2 pm	Dec 2 - Feb 10 (No class 12/23, 12/30, 1/20)	\$190
8-9	Sun	2 - 3 pm or 3 - 4 pm	Dec 2 - Feb 10 (No class 12/23, 12/30, 1/20)	\$190

## Tee Ball & Slow Pitch

(Ages 5 - 6)

Instructor: Kevin Burns

Skills, drills, and fun! Instruction includes basic skills like hitting, catching, throwing and rules of the game. There will be activities each week so skills can be put into action. Each child will receive a free tee shirt. Sneakers or cleats, glove, water bottle and appropriate dress is required. Get ready for some baseball fun! When weather is bad class will be held in the gym.

Location: Warren Building Min:8/Max:20

6 weeks

Age	Day	Time	Dates	Price
5-Tee Ball	Sun	12 - 1 pm	Sept 30 - Nov 18	\$135
5-Tee Ball	Sun	1 - 2 pm	Sept 30 - Nov 18	\$135
6-Slow Pitch	Sun	2 - 3 pm	Sept 30 - Nov 18	\$135
6-Slow Pitch	Sun	3 - 4 pm	Sept 30 - Nov 18	\$135

(No class 10/7, 11/11)

## GIRLS Basketball with Coach K

(Ages 7 - 9)

Instructor: Kevin Burns

Tune up your basketball game for the upcoming season by spending some time with our own Coach K! Shooting, dribbling, defensive skills and scrimmaging. Each girl will receive a free tee shirt. Sneakers, water bottle and appropriate dress is required. Take your game to the next level.

Location: Warren Building

Min:16/Max: 24

8 weeks

Age	Day	Time	Dates	Price
7-9	Sat	12:30 - 1:30 pm	Sept 29 - Dec 8	\$190

(No class 10/6, 11/10, 11/24)

## Golf Lessons

(Age 4 - 9)

Instructor: Kevin Burns

Classes will include, grip, stance, chipping, ball position, putting, golf rules, golf etiquette & on course instructions. Young and old enjoy this great pastime. All children receive a polo shirt, hat and clubs.

Location: Leo J. Martin Memorial Golf Course, Weston MA

Min:6/Max:12

5 weeks

Age	Day	Time	Dates
4-6	Mon	4-5 pm	Sept 24 - Oct 29
7-9	Mon	5-6 pm	Sept 24 - Oct 29
			(No class 10/8)
4-6	Thur	4-5 pm	Sept 27 - Oct 25
7-9	Thur	5-6 pm	Sept 27 - Oct 25

\*Please choose clubs or no clubs

\$300 Lessons & Clubs

\$225 Lessons Only

Clubs for Age 4-6 Include: Driver, hybrid wood, 7 & 9 irons, pitching wedge, putter and standing golf bag.

Clubs for Age 7-9 Include: Driver, 3 wood, utility wood, 5, 7, & 9 irons, pitching wedge, putter & standing golf bag.

## Early Release Tennis

(Age 8 - 15)

Instructors: Mike Sabin & John Gautschi

Instruction will cover the basic aspects of the sport including skill evaluation, forehand, backhand, serve, volley, overhead and strategy. Please bring a racquet and water bottle.

Location: Hunnewell Tennis Courts, Rt 16

Min:6/Max:10

5 weeks

Age	Day	Time	Dates	Price
8-9	Wed	12:30 - 1:30 pm	Sept 12 - Oct 10	\$85
10-11	Wed	1:30 - 2:30 pm	Sept 12 - Oct 10	\$85
12-15	Wed	3 - 4:30 pm	Sept 12 - Oct 10	\$125

(Rain date Oct 17)

NON RESIDENTS MAY SIGN UP FOR  
THIS CLASS ON SEPTEMBER 11.

## SOCCER FUN-damentals

(Ages 4-9)

Instructors: James Bede Academy Staff

Get the little ones ready to learn proper soccer skills. This class help them learn the basics of soccer while having fun and socializing with others. Each child will be responsible for bringing shin guards and a water bottle. Join us for some soccer fun! In case of weather class will be help indoors.

Location: Warren Building

Min:10/Max: 20

8 weeks

Age	Level	Day	Time	Dates	Price
4	Beginner	Wed	2:00 – 2:45 pm	Sept 26 - Nov 14	\$130
4	Beginner	Wed	3:45 - 4:30 pm	Sept 26 - Nov 14	\$130
5	Beginner	Wed	2:50 - 3:35 pm	Sept 26 - Nov 14	\$130
5	Intermediate	Wed	4:30 - 5:15 pm	Sept 26 - Nov 14	\$130
6-7	N/A	Wed	5:20 - 6:20 pm	Sept 26 - Nov 14	\$130
8-9	N/A	Sat	1:30 - 2:30 pm	Sept 29 - Dec 8	\$130

(For Sat: No class 10/6, 11/10, 11/24)

## Karate

(Ages 4-6 & 7-14)

Instructor: Martial Arts World Champion, Steve Nugent

This program provides introductory karate skills, teaches proper stances, breathing, stretching, self-discipline, coordination and practical self-defense. Uniform and belt included.

Location: Warren Building

Min:10/Max:20

10 weeks

Age	Day	Time	Dates	Price
Beginner (white, yellow, orange belts)				
4-6	Wed	4:30 - 5 pm	Sept 26 - Dec 5	\$235
Advanced (purple, blue, green, brown belts)				
4-6	Wed	5 - 5:30	Sept 26 - Dec 5 (No class 11/21)	\$235
Beginner (white, yellow, orange belts)				
7-14	Wed	5:30 - 6:15 pm	Sept 26 - Dec 5	\$235
Advanced (purple, blue, green, brown belts)				
7-14	Wed	6:15 - 7 pm	Sept 26 - Dec 5 (No class 11/21)	\$235

## Archery

(Ages 8-16)

Instructor: Anthony Belletini & Staff

This training program focuses on safety and proper form. Students progress at their own pace and earn individual achievement awards along the way. All necessary equipment, from protective devices to targets, bows and arrows are provide.

Location: Warren Building Min:8/Max: 20

5 weeks per session

Age	Day	Time	Date	Price
8-16	Tue	4 - 5:30 pm	Sept 25 - Oct 23	\$95
8-16	Tue	4 - 5:30 pm	Nov 6 - Dec 4	\$95

## Little Dragon Karate

(Age 3 & 4)

Instructor: Martial Arts World Champion, Steve Nugent

An age specific martial arts program designed for 3 and 4 year olds. Emphasis will be placed on listening skills, following directions as well as stretching, breathing and the importance of exercise and nutrition. The program stresses that karate is for the dojo and not for little brothers and sisters!!

Location: Warren Building

Min:6/Max:20

10 weeks

Age	Day	Time	Dates	Price
3-4	Wed	11 - 11:30 am	Sept 26 - Dec 5 (No class 11/21)	\$235

## FENCING with Steve

(Grades 5 and Up)

Instructor: Martial Arts World Champion, Steve Nugent

This age old art & sport of fencing is fun for everyone. Benefits of this sport include enhanced fitness (strength, cardiovascular, balance, and flexibility), self discipline and confidence, character and sportsmanship. These classes will introduce proper mechanics, technique and ability-specific fencing situations and strategies. All equipment is provided.

Location: Warren Building

Min:6/Max:20

10 weeks

Grade	Day	Time	Dates	Price
5+	Mon	4:30 - 5:15 pm	Sept 24 - Dec 17 (No class 10/8, 11/12, 11/26)	\$235

### FOR ALL WEEKEND CLASSES

In case of inclement weather all Saturday classes will be cancelled on the Friday before the scheduled class.

The Recreation Department will call each participant on Friday if the class is canceled.

Or call the Wellesley Recreation Cancellation Hot line @ 781-283-5731